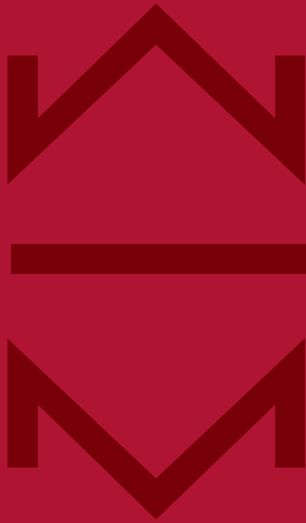


VALSANA

SPARE
SHELF



Spa Menu

The Moving Mountains
Spa Concept

RESTORING TIME'S TRUE VALUE

Nestled among pristine natural landscapes - from the alpine forests of the Swiss Alps to the serene shoreline of Lake Maggiore - our holistic Moving Mountains concept is aimed at helping you restore your vitality, immerse yourself in nature and celebrate the joy of life.

The Moving Mountains spa concept is built upon the same holistic wellbeing philosophy, promoting long-lasting physical and mental benefits through the harmony of body, mind and soul.

Welcome to the Moving Mountains Spa



INSPIRED BY THE SWISS MOUNTAINS

Switzerland, land of snow-capped mountains and crystal-clear lakes, offers the perfect backdrop for our award-winning Moving Mountains Spas. Our treatments combine traditional healing methods and rituals with the healing effects of the natural environment.

BASED ON SCIENCE

Our Spas combine sound medical knowledge and modern science to ensure long-term benefits.

SUSTAINABLE

We believe in protecting the world we live in by using spa products with purely organic or certified natural ingredients, vegan, with limited carbon footprint and without animal testing.

Our individually tailored Moving Mountains spa treatments seek to promote radiance and visible signs of vitality as well as to restore a holistic sense of wellbeing.



OUR SPA SERVICES

SKIN REJUVENATION

BEAUTY & NAIL LOUNGE

HOLISTIC MESSAGES & THERAPIES

HOLISTIC WELLBEING

MOVEMENT OFFERS



SKIN REJUVENATION

CLINICAL SWISS ORGANICS

We are proud to partner with the first 100% organic Swiss skincare line certified by ECOCERT Greenlife and compliant with the COSMOS Organic Standard. All products in the Clinical Swiss Organics line are stripped back to the most important ingredients and are free of perfume, silicones, parabens, mineral oils and EDTA/BHA/BHBT. The line also has flawless environmental credentials: it is organic, vegan, biodegradable, free of alcohol and sulphates, not tested on animals and produced according to ecologically sustainable principles.

Clinical Swiss Organics facials deliver outstanding results while being gentle and kind to skin and the environment. This premium product line from Methode Physiadermie means you no longer have to choose between certified organic cosmetics and instantly visible results.

**FIRST 100%
ORGANIC
SWISS SKIN
CARE LINE**

SKIN REJUVENATION

BIO SKIN RENEW

A profound cleansing of the skin with a 10% lactic acid peel to detoxify the skin, ridding it of impurities and dead cells, and in turn improving radiance, pigmentation and irregularities. A concluding emulsion application provides moisture and strengthens the skin's natural protective shield. This rejuvenates the skin and gives it more radiance again.

45 mins
CHF 140

BIO SKIN BALANCE

Restores the skin's balance through a refining and smoothing 10% lactic acid peel combined with bioenergetic lymphatic drainage, promoting the skin's natural self-regulation function and actively combating excess tissue fluid. A serum and deeply penetrating mask round off the treatment and prolong the duration of the effects.

60 mins
CHF 170

BIO SKIN ENERGISING

Consists of a 10% lactic acid peel to smooth the skin followed by a dynamic muscle toning treatment to redefine the contours of the face and visibly tighten the skin. A heavy dose of moisture revitalises the skin. A replenishing mask increases skin elasticity and visibly improves skin firmness.

90 mins
CHF 210

BEAUTY & NAIL LOUNGE

NOOII NAIL LOUNGE

nooii stands for high-quality, Swiss-made products that are kind to the body and the environment. The five letters in the company name stand for ‚natural or organic ingredients inside‘.

AROMA MANICURE

A special manicure with a salt or oil nail bath to moisturise and repair the cuticles. The treatment concludes with gentle exfoliation and a soothing pack for the hands.

60 mins without nail polish	CHF 80
75 mins with nail polish	CHF 100
90 mins with gel colour	CHF 125

AROMA PEDICURE

A pedicure with essential oils, salts and herbs to detoxify and heal tired feet. Using a special blend of natural ingredients, the treatment pampers the feet with exfoliation, a soothing pack and a heavy dose of moisture.

60 mins without nail polish	CHF 80
75 mins with nail polish	CHF 100
90 mins with gel colour	CHF 125

EYES

EYELASH TINTING DURING TREATMENT	20 mins	CHF 25 20
EYEBROW TINTING DURING TREATMENT	20 mins	CHF 20 15
EYELASH AND EYEBROW TINTING DURING TREATMENT	35 mins	CHF 40 35
EYEBROW SHAPING (AS NEEDED)	from 20 mins	CHF 20

HAIR REMOVAL FOR HIM AND HER

We are pleased to provide individual advice regarding the hair removal treatments we offer.

from
CHF 25

HOLISTIC MESSAGES & THERAPIES

AROMATHERAPY

Switch off your mind

Holistic massage with premium essential oils from Switzerland - invigorating, relaxing or detoxifying.

50 mins plus 10 mins
holistic introduction
CHF 190

SWISS MOUNTAIN HERBS STAMP MASSAGE

Restore inner balance

Indulge your senses with the finest Swiss mountain herbs. Warmed herbal bundles nourish the skin with gentle, circular massage movements.

60 mins plus 15 mins
holistic introduction
CHF 190

FULLY INDIVIDUAL MASSAGE

Let go and relax deeply

A massage personalised to your individual needs with a finely-tuned blend of essential oils

50 mins plus 10 mins
holistic introduction
CHF 140

HEAD & NECK MASSAGE

Clear your mind

This head, neck and face massage targets acupressure points to drain lymphatic fluid from the face. Calming breathing exercises relax the mind as the therapist gets to work.

25 mins / 50 mins
plus 10 mins
holistic introduction
CHF 90 / CHF 140

REFLEXOLOGY

Activate your powers of self-healing

This massage boosts the metabolism by stimulating the reflex zones and marma points on the feet as well as the energy lines that flow through the body. Expect a positive effect on all vital functions.

25 mins / 50 mins
plus 10 mins
holistic introduction
CHF 90 / CHF 140

SPORTS MASSAGE

Unlock tense muscles

This massage releases muscle tension by applying gentle pressure to the deep muscles to reduce inflammation, increase circulation and promote mobility.

50 mins plus 10 mins
holistic introduction
CHF 140

MOVING MOUNTAINS MASSAGE

Arrive in the presence

Full body deep tissue massage with hot and cold stone therapy to relax tired muscles and joints, particularly in the legs and feet.

60 mins plus 15 mins
holistic introduction
CHF 190

HOLISTIC WELLBEING

BREATHE DEEPLY

Breathing in deeply: the first thing we do when we see the light of the day

There are few things more invigorating and relaxing than the fresh mountain air.

With this in mind, we invite you to relax and take a breath. Conscious breathing

helps to relieve stress and restore inner peace. Focus on your body's natural

rhythm as you open your lungs.

30 mins

CHF 50

MINDFUL MEDITATION

Open to all - no experience necessary!

Discover the benefits of mindfulness meditation and encourage a deeper awareness

of your body. Weather permitting, we'll take a short walk in nature to focus on

breathing and meditation. Other mindfulness techniques can include guided

meditations and mantra meditations.

60 mins

CHF 80



NOURISH



Whatever you choose to integrate into your personal Moving Mountains Spa experience, our Moving Mountains menus offer the perfect complement - plant-based, nutrient-rich, easy to digest, rooted in the Swiss mountains and joyfully delicious. Just look for the Moving Mountains icon on our restaurant menus



MOVEMENT OFFERS

PRIVATE YOGA LESSONS

Yoga amidst spectacular mountain scenery

Yoga is both a physical and mental exercise. Hatha Yoga, offered at the hotel, is a gentle form of exercise incorporating the Asanas (postures), leading to improved posture, blood flow and inner balance. Begin your morning with Surya Namaskar (Sun Salutation), which will leave you feeling light and refreshed for the day ahead, and end your day with the Chandra Namaskar (Moon Salutation) or Yoga Nindra, for complete relaxation and deep sleep. Yoga can be practiced in the Yoga along with various other open Yoga areas at the hotel. Complimentary Yoga lessons are available several times a week. Private Yoga lessons can be arranged on request for a fee.

60 mins
CHF 80

MOVING MOUNTAINS IN-ROOM YOGA

Enjoy the privacy of your room

A selection of tailor-made yoga lessons is available in the privacy of your room. Ask for our In-Room Yoga kit and use the step-by-step instructions on your TV system any time of the day or night.

With our compliments

PRIVATE FITNESS TRAINING

Book your one-to-one gym class with one of our dedicated personal trainers. London based fitness expert Matt Gleed has coached several Olympic athletes, premiership football clubs and leading tennis players. Together with our in-house trainers he has now created a bespoke functional fitness programme tailored to your respective level to deliver health and longevity.

30 mins
CHF 50

60 mins
CHF 80

(60 mins – CHF 160 for 2 Pers.)

PRIVATE OUTDOOR TRAINING

Recharge your batteries in the unspoiled nature neighbouring our hotel. Explore the surroundings and discover the countless ways to incorporate the environment into your fitness programme.

60 mins
CHF 80



MOVING MOUNTAINS ACTIVITIES



Choose from a wide range of free Moving Mountains activities. Ask for our weekly program.



OPENING HOURS

Relaxation pool: 7 to 20 o'clock | Fitness studio: Open the whole day and night

Treatments: 9 to 20 o'clock, by appointment only

Winter season, saunas & steam bath: 12 to 20 o'clock | Summer season, saunas & steam bath: 14 to 20 o'clock
(Exception in case of bad weather)

APPOINTMENTS

Our aim is to make your stay with us a thoroughly enjoyable experience; we hope that you will find the following information useful: For your own convenience please arrive 10 minutes prior to your appointment.

If you are unable to attend the agreed appointment, please notify us at least 24 hours beforehand. A 100% charge has to be levied for reservations cancelled less than 24 hours in advance. For no-show appointments, the full service fee will be charged. If you arrive late for your appointment and your therapist or treatment room are booked afterwards, we regret that your session will have to be shortened accordingly.

Reservation and information

Tel. +41 81 378 63 63, info@valsana.ch

NOT ALLOWED

Please note that smoking is not permitted throughout the spa area. Out of courtesy to other spa users, we would ask you not to use your mobile phone.

Animals are not allowed on the premises.

Children under the age of 16 years must be accompanied by an adult.

The Sauna area is reserved for all guests above 16 years of age.

Gift voucher

Receive them at the reception desk or in the online shop.

All prices in Swiss Francs, VAT included.

Prices are subject to change.

For our General Terms and Conditions please refer to our website www.valsana.ch.